



1-3 years / 7-12 months

## MONDAY (04.07)

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### Chicken stroganoff, buckwheat, mixed peppers

Chicken, chicken stock, **butter (milk)**, chestnut mushroom, onion, garlic, tomato puree, paprika, **cream (milk)**, parsley, buckwheat, pepper

### Pea and mint soup, cheese bread

Soup: Onion, **celery**, garlic, mint, pea, **butter (milk)**, vegetable stock  
Bread: **Wheat** flour, yeast (**gluten**), cheddar (**milk**)

### Parsnip pancake, calcium pot

Parsnip, mascarpone (**milk**), apple, blueberry

## TUESDAY (05.07) [P]

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### Spring vegetable lasagna

Mixed pepper, carrot, broccoli, onion, tomato, parsley, rapeseed oil, **wheat** lasagne sheet, **butter (milk)**, **wheat** flour, **milk**, cheddar (**milk**)

### Cod goujons with oven baked chips, house made tomato ketchup, green beans

Cod (**fish**), **wheat** panko, **egg**, **wheat** flour, rapeseed oil, potato, tomato, tomato puree, apple cider vinegar, date (**sulphite**), green bean

### Vanilla cheesecake, pear

Vegan butter, **wheat** flour, raisin (**sulphite**), ricotta (**milk**), cream (**milk**), agar, pear

## WEDNESDAY (06.07)

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### Chicken meatball with tomato sauce, rice

Chicken, onion, tomato, cream (**milk**), **wheat** panko, garlic, ginger, jasmine rice, vegetable stock

### Spanish omelette, buttered corn on the cob

Potato, onion, rapeseed oil, parsley, **egg**, mixed pepper, marrow, sweetcorn, **butter (milk)**

### Beetroot muffin

**Wheat** flour, **butter (milk)**, **egg**, baking powder (**gluten**), beetroot

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## THURSDAY (07.07) [P]

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### Fisherman's pie, green beans

Cod (**fish**), salmon (**fish**), prawn (**crustacean**), leek, beans, garlic, sweet potato, **butter (milk)**, **wheat** flour, **milk**, fish stock (**fish**), chive, lemon

### Carrot mixed peppers risotto

Risotto, carrot, mixed pepper, parmesan (**milk**), vegetable stock, shallot, **butter (milk)**

### Apple crumble

Apple, **wheat** flour, raisin (**sulphite**), **butter (milk)**, cinnamon, nutmeg, ReadyBrek (**gluten**, **milk**)

## FRIDAY (08.07)

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### Spaghetti bolognese

Beef, rapeseed oil, onion, garlic, thyme, carrot, **celery**, tomato paste, tomato, basil, oregano, **wheat** spaghetti

### Tabbouleh, falafel, humus, cucumber

Bulgur **wheat**, tomato, parsley, lemon, pepper, mint, chickpea, cumin, lemon, onion, gram flour, rapeseed oil

### Fruit salad, calcium pot

Seasonal fruits, mascarpone (**milk**), apple, blueberry

## SATURDAY (09.07) [V]

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### Asparagus cheese quiche (wholewheat), seasonal veg

Wholewheat flour, **butter (milk)**, water, asparagus, **egg**, creme fraiche (**milk**), parmesan (**milk**), heritage tomato, olive oil

### Spring vegetable soup, garlic bread

Soup: Rapeseed oil, onion, thyme, garlic, leek, carrot, onion, mange tout, spring green, new potato, vegetable stock, watercress, **butter (milk)**  
Garlic bread: **wheat** flour, yeast (**gluten**), **butter (milk)**, minced garlic

### Apple sponge cake, seasonal fruits

Self raising **wheat** flour, **egg**, **milk**, raisin (**sulphite**), baking powder (**gluten**), rapeseed oil, apple, grape

[V] Vegetarian days [Vg] Vegan days [P] Pescatarian days

Dishes in purple are taste adventures



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### Storage instructions

Put in the fridge as soon as you receive the food unless consumed immediately. Please consume within 3 days. Please consume any rice dish within 24 hours and do not reheat more than once.

### Reheating suggestions (depends on your individual appliances)

Soups, pasta, curries and rice dishes are suitable for microwave (please take content out of the container) or can be reheated on the hob (with a splash of water or a spray of oil if necessary).

Risotto is best reheated on the hob with a touch of butter and water.

Lasagne, pies, bakes, fish goujons, omelette or anything that comes in a tin foil container is best reheated in the oven, covered with foil, 180C for 10-15 minutes (with a splash of water or a spray of oil if necessary). Please take the content out of the tin container if using microwave.

Quiche can be enjoyed warm or cold.

Fish dishes are best consumed immediately. Use oven with a spray of oil otherwise.

Breads can be enjoyed warm or cold. Use oven (160-180C) for 2-3 minutes to reheat if enjoying warm (watch not to burn).

Always reheat until food is piping hot (>75C). Always check the temperature before serving

### Consumption notes

Please ensure your baby / toddler is sitting down while eating.

While every care has been taken to remove bones, please use caution when eating fish dishes as they may contain fish bones.

Cooked in a facility that also handles all allergens. Consume at your own risk.

**Please note V&Me reserves the right to change dish or ingredient last minute. We will do our best to inform you of any changes.**

### Top tips on feeding young children (we know you are probably doing them already!)

Make sure they are sitting comfortably (no dangling feet) and are not too tired or full. Having regular intervals between meals may help.

A relaxed environment with no pressure is the best for them to explore new food and tastes. Mess is good!

Try to eat with them if you can: Role modelling is the best way for them to learn.

Food consumption varies naturally so don't worry if they are eating "too much" or "too little" during one meal or day, looking at their food intake during a whole week is more helpful.

Repeated exposure to a wide variety is the key to preventing fussy eating and ensuring optimal nutrition. Patience does pay off!